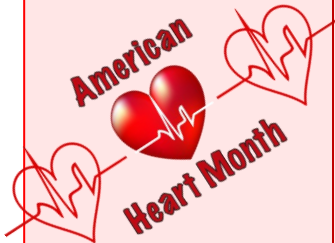




February Wellness Newsletter



FEBRUARY 2015

Special Points of Interest

- * American Heart Month
- * Tips for a Positive Year
- * National Children's Dental Health Month
- * Healthy Valentine Menu
- * February Initiatives
- * February Calendar

Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication.

Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease. Since 2004, February also has been the signature month for the American Heart Association's Go Red For Women campaign and the message that heart disease is not only a man's problem.

National Wear Red Day : February 6, 2015

Heart Attack Signs in Women

- ♦ **Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.**
- ♦ **Pain or discomfort in one or both arms, the back, neck, jaw or stomach.**
- ♦ **Shortness of breath with or without chest discomfort.**
- ♦ **Other signs such as breaking out in a cold sweat, nausea or lightheadedness.**
- ♦ **As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.**

If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1 and get to a hospital right away.

<https://www.goredforwomen.org/home/about-heart-disease-in-women/>



Read more about "Heart Safety Tips for Shoveling Snow" by clicking on this link:

<http://blog.heart.org/heart-safety-tips-shoveling-snow/>

20 Tips for a Positive New Year

- ☺ Stay Positive. You can listen to the cynics and doubters and believe that success is impossible or you can trust that with faith and an optimistic attitude all things are possible.
- ☺ Take a morning walk of gratitude. I call it a "Thank You Walk." It will create a fertile mind ready for success.
- ☺ Make your first meal the biggest and your last meal the smallest. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
- ☺ Zoom Focus. Each day when you wake up in the morning ask: "What are the three most important things I need to do today that will help me create the success I desire?" Then tune out all the distractions and focus on these actions.
- ☺ Talk to yourself instead of listen to yourself. Instead of listening to your complaints, fears and doubts, talk to yourself and feed your mind with the words and encouragement you need to keep moving forward.
- ☺ Choose faith instead of fear. Faith turns adversities and dead-ends into detours to a better outcome than you thought possible.
- ☺ Don't chase dollars or success. Decide to make a difference and build meaningful relationships and success will find you.
- ☺ Get more sleep. You can't replace sleep with a double latte.
- ☺ Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in your purpose, people and the positive present moment.
- ☺ Build your life and career with the 3 greatest success strategies of all. Love, Serve and Care.
- ☺ Every day focus on your purpose. Remember why you do what you do. We don't get burned out because of what we do. We get burned out because we forget why we do it.
- ☺ Remember there's no such thing as an overnight success. There's no substitute for hard work.
- ☺ Believe that everything happens for a reason and expect good things to come out of challenging experiences.
- ☺ Implement the No Complaining Rule. If you are complaining, you're not leading.
- ☺ Read more books than you did in 2014. I happen to know of a few good ones. :)
- ☺ Don't seek happiness. Instead decide to live with passion and purpose and happiness will find you.
- ☺ Focus on "Get to" vs "Have to." Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.
- ☺ Each night before you go to bed complete the following statements:
 - I am thankful for _____.
 - Today I accomplished _____.
- ☺ Smile and laugh more. They are natural anti-depressants.
- ☺ Enjoy the ride. You only have one ride through life so make the most of it and enjoy it.

National Children's Dental Health Month

Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month to raise awareness about the importance of oral health. NCDHM messages and materials have reached millions of people in communities across the country.

Developing good habits at an early age and scheduling regular dental visits helps children to get a good start on a lifetime of healthy teeth and gums.



Kids aren't always enthusiastic about dental hygiene. Yet, it's crucial to their entire health that they take care of their teeth and gums. Helping them develop good oral hygiene habits from the get-go will ensure they enjoy healthy smiles throughout their lives.

Here are a few ideas for how to help your kids become life-long flossers and teeth brushers!

1. The first step is the most important. **Be a model.** Your kids imitate you and develop many of your own habits. So why not make brushing your teeth a family affair? Floss and brush your teeth in the morning and at night *with* your children.
2. Buy small hand-held flossers in fun colors. Hand-held flossers are easier for kids to use than traditional spool dental floss.
3. Since kids tend to give their teeth a couple of swipes with the brush, then call it a day, it's a good idea to **set an egg timer** for two minutes.
4. **Let your child pick out his or her own toothbrush** (as long as it's a soft-bristle brush appropriate for children). Children often get excited about using their very own "dinosaur" or "princess" brush.
5. Get your children their very own cute stepping stool to make it easy for them to reach the sink. They'll love using *their* little stool and make excuses to do so – like brushing their teeth!
6. **Use a sticker chart to reward each tooth brushing session.** Once your children have earned a set number of stars, they get a prize!
7. **Make it fun!** Sing a goofy "tooth-brushing" song every day when it's "tooth-brushing time." Do what it takes to convince your child that this is a fun activity, not a mundane chore!
8. **Be consistent and persistent** – and upbeat! Don't be deterred if your children cause a scene every time you tell them to brush their teeth. You are the parent – insist on it. Eventually, they will understand that we brush our teeth every day, cease to resist, and develop the habit.



Healthy Valentine Menu Foodnetwork.com

Surf and Turf for Two

For the Herb Oil:

1/4 cup chopped fresh parsley
2 tablespoons chopped fresh chives
2 tablespoons extra-virgin olive oil
Kosher salt and freshly ground pepper

For the Surf and Turf:

6 jumbo shrimp, peeled and deveined (tails intact)
2 tablespoons extra-virgin olive oil
Juice of 1/2 lemon
2 teaspoons chopped fresh thyme, plus 2 to 3 sprigs
Freshly ground pepper
6 slices pancetta (about 2 ounces)
1 10-ounce piece beef tenderloin, trimmed
Sea salt
8 asparagus spears
1 tablespoon unsalted butter

Make the herb oil: Pulse the parsley, chives and olive oil in a mini food processor until smooth. Thin with water, if necessary, and add 1/4 teaspoon each salt and pepper. Transfer to a small bowl, cover and set aside. (This can be done up to 2 hours ahead.)
Prepare the surf and turf: Toss the shrimp, olive oil, lemon juice, chopped thyme, and pepper to taste in a bowl. Wrap each shrimp with a piece of pancetta.

Preheat the broiler. Arrange the shrimp on a foil-lined broiler pan. Season the beef with sea salt and pepper, press the thyme sprigs into the meat and set aside. Snap off the tough ends of the asparagus. Put the asparagus in a microwave-safe dish with 1/4 cup water and a pinch of sea salt. Heat a medium ovenproof skillet over high heat and add the butter. When the foam subsides, sear the beef until golden brown, about 3 minutes per side. Using tongs, hold the meat and brown the sides. Transfer the skillet to the broiler and cook until a thermometer inserted into the beef registers 125 degrees F for medium rare, about 4 more minutes. Transfer to a cutting board to rest while you cook the shrimp.

Broil the shrimp until the pancetta is crisp, about 2 minutes per side. Meanwhile, microwave the asparagus until tender, about 2 minutes.

Slice the beef into 4 pieces. Serve with the shrimp, herb oil and asparagus



Chocolate Covered Strawberries

Ingredients:

1 cup pretzel rods
1 cup almonds
3 (4-ounce) bars semisweet chocolate
8 long-stemmed strawberries



Preparation:

Chop pretzels and nuts and place in 2 separate bowls.
Chop chocolate.
In a double boiler, melt chocolate until smooth and velvety.
Dip strawberries in chocolate and then in pretzels or nuts.
Place covered strawberries on a 1/2 sheet tray lined with waxed paper. Allow to set at room temperature and serve.



February 2015

Wellness Program Initiatives



Step It Up Challenge—Week Challenge

Are you up for the challenge?

This initiative requires you to climb at least 10 flights of stairs 5 times a week during the month of February. Record how many flights you climbed on a daily basis and show to a Wellness Committee Member no later than Friday, March 6th to earn an incentive point for February.

WEEKEND CHALLENGE

butts and guts workout

squat jump

- start in a squat position, jump straight up, land softly back in a squat

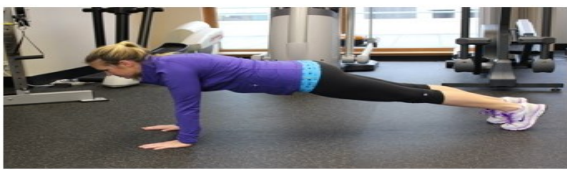


lunges

- keep knees behind your toes and press through the heel
- do reps on the right, then do reps on the left

mountain climbers

- keep your back flat and abs contracted
- you can go fast or slow



plank

- hold plank on your knees or toes
- keeps your shoulders relaxed, back flat and abs contracted.

tips - do all the exercises for 30, 45 or 60 seconds.
- repeat 1, 2 or 3 times
- complete this challenge Saturday and Sunday!

fitfabcities.com

February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28